



**Grant County Health Department**  
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**(608) 723-6416**

**Volume X Issue IV**

**COMMUNITY EDITION**

**May 2009**

## **PORTION DISTORTION**

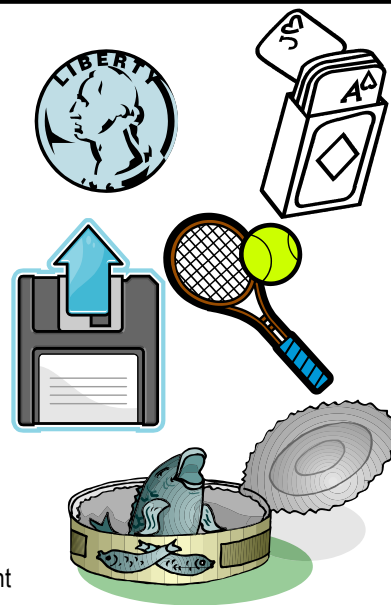
### **Did you know:**

- Eating 100 extra calories a day for a year can lead to a 10 pound weight gain.
- With every 10 years we age, we need to have 100 less calories per day.
- A gram of fat has 9 calories, a gram of carbohydrate and a gram of protein 4 calories.
- 2 hard candies per day (10 calories) will net 1 extra pound per year.

To keep extra weight at bay, be aware of how much you eat each day. Portion sizes can be key in your weight loss program. Try using these guidelines for getting the right portion sizes:

- 3 oz. meat = deck of cards
- 1 teaspoon oil = 25 cents (quarter) in diameter
- 1 oz slice of cheese = computer disc
- 1 medium fruit, ice cream or mashed potatoes = tennis ball
- 1 bagel or roll = 6 oz can of tuna
- When dining out ask for a to go box. Take half of your meal home for lunch the next day.

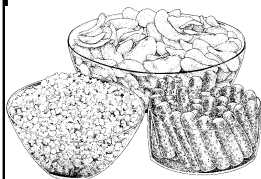
For further information on portion sizes and healthy eating contact Ann Chrudimsky RD, CD at the Grant County Health Department (608)723-6416.



## **Sensible Snacks**

Snacks are a good source of energy during the day, and can help you have a healthy diet, IF you are making sensible choices. Grabbing a soda & chips, doughnuts or a candy bar doesn't make good money- or food-sense! Because their stomachs are smaller, children need snacks to tide them over between meals.

For adults, having a little snack can give you needed energy to get through a long stretch between meals. Older adults might prefer eating mini-meal snacks instead of three large meals a day. Because snacks can make up a significant portion of the foods we eat each day, it's important to choose foods for snacking that fit into MyPyramid:



- Whole grain products
- Vegetables
- Fruits
- Foods low in sugar, sodium or fat

Take a close look at your snack habits! Make healthy choices available! If the cupboards are full of cookies and candy, it's easy to snack on them. If fresh fruits are washed, and veggies are cut up, they become the easy choice. Don't choose the same snack foods all the time—mix it up! Have a snack when you are really hungry, not out of habit or boredom.

When you've got a craving, what type of snack do you reach for? Looking for something crunchy? Try fresh vegetables, air-popped popcorn, crackers, pretzels, or baked tortilla chips. Have an urge for something sweet? Animal and graham crackers, cinnamon-raisin toast, or gingersnaps are good choices for sweet, crunchy snacks. For sweet and smooth, pick yogurt, natural applesauce, dried fruits, instant pudding or smoothies made with skim milk. Looking for something refreshing? Try canned fruit packed in its own juice, frozen fruit bars, frozen grapes or banana chunks, or fruit juice mixed with clear diet soda. Making your own snacks can save you money. Pre-packaged snacks may be convenient, but cost a lot more than the same foods you bag at home.

***The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.***

**2009 "COMMUNITY" CPR DATES**

Monday, June 15, 2009	5:45PM—9:00PM
Monday, August 31, 2009	5:45PM—9:00PM
Monday, October 19, 2009	5:45PM—9:00PM



The cost for "Community" CPR for 2009 has increased to \$30.00. Professional CPR is now \$45.00 and is good for 2 years. Childcare Providers are now required to have AED training. This will now be included in our presentation. Registration is required at least one week prior to the class date. Payment is also required prior to the night of the class. To register, please call (608)723-6416. The classes will be held at: Grant County Health Department 111 South Jefferson Street—2nd Floor, Lancaster, Wisconsin.

**Grant County****SAVE THE DATE:**

Grant County Rural Safety Day  
Thursday, June 18, 2009  
Grant County Fairgrounds

Rural Safety Day is designed to provide youth with the skills to keep themselves & their families safe. They will learn how to identify potential hazards, prevent possible accidents & to respond correctly if an accident does occur. It is open to children who have completed 1st grade through 8th grade. For more information, call Grant County Health Department at (608)723-6416.

**WHAT IS A STROKE?**

A stroke is a type of cardiovascular disease. It affects the arteries leading to and within the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die.

**Stroke Warning Signs:**

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If you or someone with you has one or more of these signs, do not delay! Immediately call 9-1-1 or the emergency medical services (EMS) number in your area so an ambulance can be sent to you. Also, check the time so you will know when the first symptoms appeared. It is very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug can reduce the long-term disability for the most common type of stroke.

**COLLEGE BOUND?**

Have you had your meningitis immunization yet? Meningococcal disease is a life-threatening illness caused by bacteria that can also affect the blood. It is a leading cause of bacterial meningitis in children 2-18 years old in the United States. Meningitis is an infection of the fluid that surrounds the brain and spinal cord and is caused by meningococcal disease.

Anyone can get meningococcal disease. College freshman, especially those living in the dorms, have a slightly higher risk of getting the disease.

The Grant County Health Department currently offers the vaccine FREE OF CHARGE to 11-18 year olds as well as college freshman. For more information, call the Grant County Health Department at (608)723-6416.

**MEMORIAL DAY**

The Grant County Health Department will be closed on Monday, May 25, 2009 in observance of Memorial Day.

Our office will re-open on Tuesday morning at 8:00AM.



## Does a Granola Bar a Day Keep the Doctor Away?

So, is a granola bar really a smart snack? Advertisements try to tell us that it is. After doing a broad comparison of many different brands and varieties, the question is still unanswered. It's important for us to read labels if we decide to buy granola bars. They vary in calorie content from 90 to 200 calories, mainly because of the added ingredients like nuts and chocolate chips. Calories from fat vary from 14 to 70 calories! If you are looking to limit fat, look for bars with about 20 calories from fat.

Sodium (or salt) content varies from 2% recommended daily value (RDA) to 5%, so be sure to check that on the label if you are trying to limit your salt intake. The range of fiber in granola bars is large—from 1 gram (4% RDA) to 9 grams (35% RDA). Be aware that the bars that are high in fiber contain chicory root extract, a form of soluble fiber. Eating large amounts of this extract (especially by some people) can lead to gas and bloating. Some bars are fortified with calcium, iron, and B vitamins. Getting those extra nutrients is a plus.

Bottom line—granola bars are quick, convenient snacks, but without much nutritional value. You would be making a better choice for your family if you used some of the ideas on sensible snacks from page one.



For more information on healthy eating, contact UW-Extension's Nutrition Education Program at (608)723-2125.

**ACCESS** is a quick and easy way for people in Wisconsin to get answers to questions about health and nutrition programs. ACCESS can tell you if you are eligible for certain programs including:



- WIC (Women, infant and child supplemental food program)
- Foodshare (food stamps)
- Badgercare
- Senior Care
- Home Energy Assistance

Besides checking to see if you are eligible for programs, you can also apply on line for programs. Persons who are already receiving benefits can use the website to report changes online (such as an income change or address change). <https://access.wisconsin.gov/>

## Recreational Water Illnesses

Recreational Water Illnesses (RWI) are illnesses spread by swallowing, breathing in vapors of, or having contact with contaminated water in swimming pools, water parks, spas, interactive fountains, lakes, rivers, or oceans. The most commonly reported RWI is diarrhea. Diarrheal illnesses can be caused by germs such as [Crypto](#), [short for Cryptosporidium](#), [Giardia](#), [Shigella](#), [norovirus](#) and [E. coli O157:H7](#).

The best way to prevent RWIs is to keep germs out of the pool in the first place. Everyone can help create healthy swimming experiences this summer by following these six healthy swimming steps:

- Don't swim when you have diarrhea.
- Don't swallow pool water.
- Use good hygiene. Shower with soap before swimming & wash your hands after using the toilet or changing diapers.
- Take your kids on bathroom breaks or check diapers often.
- Change diapers in a bathroom or a diaper-changing area and not at poolside.
- Wash your children thoroughly (especially the rear end) with soap and water before they go swimming.



This year's RWI prevention efforts focus on injuries associated with pool chemicals. Pool chemicals make the water where we swim safer by protecting us from germs; however, these same chemicals can also cause injuries if they are not properly handled. Public pool operators and residential pool owners can protect themselves and swimmers by taking these key steps:

**ALWAYS** secure pool chemicals: Keep children and animals away.

**ALWAYS** read product name and directions before each use.

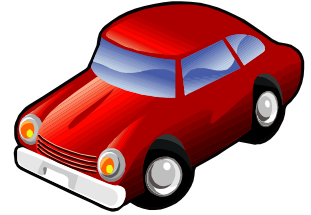
**ALWAYS** use appropriate protective gear, such as safety glasses and gloves, when handling pool chemicals.

**NEVER** mix chlorine products with each other, acid, or other substances

## CAR CHIPS

The Safe Actions Committee which is part of S.A.F.E Grant County is issuing Car Chips. One of the goals of this committee is to enhance safe driving & we would like to offer parents an opportunity to help your student driver become a safe & responsible driver through the CarChip Pro Program. The CarChip Pro is like a tiny "black box" or a data logger for your vehicle. Installation is easy:

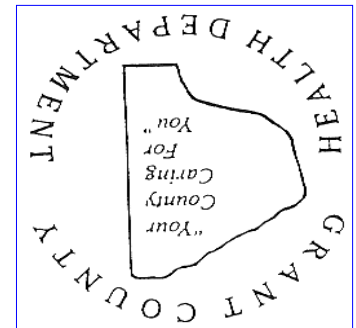
1. Plug it in (plugs into the OBD11 connector which is generally located under the dashboard on the driver's side of the car & is used to diagnose problems with your vehicle),
2. Drive vehicle
3. Download information.



This chip can monitor speed, acceleration, hard stops, & alarms can be set to act as reminders for excessive events. The chip records information & can then be removed and information can be downloaded onto your computer. This allows you & your teen to learn from their driving experiences. Some insurance companies offer discounts to student drivers who can prove they are responsible & safe drivers.

The Safe Actions Committee is offering this program (through funding from the Grant County Health Department & the WI Department of Transportation) to parents of student drivers in Grant County who are willing to use the chip and offer feed back through a short evaluation at the end of one year at which time the chip would be returned. We will ask for a \$50 deposit to assure that we receive the chip back in working order after one year. If the chip is in good condition and can be used for other drivers, the \$50 deposit will be returned to you. We also will ask the users to sign a "Waiver of Liability" form.

Please contact Carol Thole at the Grant County Health Department at 723-1624 to set up a brief appointment to receive your CarChip or to ask questions in regards to this chip.



**Non-Profit Organization**  
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